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■ **GROUNDHOG DAY:** Fenwick's famous rodent doesn't see shadow

Flossie predicts early spring

MELISSA MANGELSEN
PelhamNews Staff

After a long and sleepy winter, Fenwick Flossie emerged from her den on Monday.

She looked down at the ground and did not see her shadow, which means, according to the myth of Groundhog Day that an early spring is on the way.

Most of Canada has experienced a below-average, bone-chilling winter so Flossie's prediction came as a relief to the hundreds of people who came out to see Fenwick's famous rodent.

Groundhog Day was on Sunday, but Fenwick Lion Rob Henson said the club held its celebration a day later to allow for students to be able to come from Pelham schools to participate.



MELISSA MANGELSEN/PELHAM NEWS STAFF

Fenwick's famous groundhog Flossie emerges from her den on Monday, looking around for her shadow. Flossie did not see her shadow - predicting an early spring for Pelham.

See FLOSSIE Page 2



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LOCAL NEWS

FLOSSIE

Flossie predicts end nearing for winter

From Page 1

"It's more about getting the children and the community together for a fun event, more so than the date itself," Henson said.

Students cheered and shouted Flossie's name to try and awaken her from her den. The event was followed by treats and hot chocolate for the students.

Flossie has been emerging from her den in Fenwick to decide winter's fate for 21 years. The Lions Club doesn't keep track of Flossie's track record, but a Canadian study for 13 cities over the past 40 years found that weather patterns predicted on Groundhog Day were only 37% accurate over that time period.

Flossie's prediction goes against Ontario's Wiarton Willie, who emerged and saw his shadow on Sunday. Further east, in Nova Scotia, Shubenacadie Sam did not see his shadow, meaning warmer weather ahead.

America's rodent royalty, Pennsylvania's Punxsutawney Phil, who is perhaps the most famous groundhog of them all, did see his shadow - predicting another six weeks of winter.

Regardless of what the groundhogs predicted, Environment Canada is saying frigid temperatures will likely persist right through February.

The celebration of Groundhog Day began with the Germans, Pennsylvania's earliest settlers. They brought with them the legend of Candlemas Day, which states "for



PHOTOS BY MELISSA MANGELSEN/PELHAMNEWS STAFF

Students from various Pelham schools gather to await the arrival of Fenwick's Flossie. Flossie did not see her shadow - predicting an early spring for Pelham. Fenwick Flossie is a long-time Groundhog Day tradition in Fenwick.

as the sun shines on Candlemas Day, so far will the snow swirl in May."

The settlers found that groundhogs were plentiful and were the most intelligent and sensible animal to carry on the legend of Candlemas Day.

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Fenwick's famous rodent, Flossie, emerged from her den on Monday to greet a crowd of eager students.

Flossie did not see her shadow, which means an early spring for Pelham.



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LOCAL NEWS

■ **INNOVATION:** Netting business goes to the horses

Slow-feed netting gains steam for local manufacturer

MELISSA MANGELSEN
Pelham News Staff

One of these things doesn't seem to fit — artificial turf, golf supplies and slow-feed horse netting.

Tim Proctor, who owns Turf Net Sports Supplies, a company that manufactures sports netting on Hwy. 20 in Thorold, is branching out into the agricultural field.

Proctor started up Turf Net Sports Supplies from his two-car garage in Welland

nine years ago.

He had nine years' experience in the golf industry prior to starting up his own company. As his business began to grow, he no longer felt that a home-based business was suitable.

"I was on a dead-end street in Welland so it was getting hard to get the trucks with the supplies in and out," said Proctor.

It was at that time he set up shop on Hwy. 20.

Four years ago he was

approached by a woman who asked if she could buy a volleyball net that she wanted to rig up as slow-feed horse netting. The idea, and business grew from there.

"I didn't know anything about horses, but I went to some seminars and branched into the equine industry," he said. "When you wrap the bale in a polyester or nylon net and the horses have to work to pull strands out it simulates the

grazing process that they would do in the wild. This means they don't leave scraps laying around and eliminates waste that can have a huge cost savings," he said.

Without the nets, a typical round bale with horses feeding off of it can see a 54% waste level.

With a net around that the number drops to about 4%. The cost of a bale of hay is about \$115, so that's a considerable amount of

savings.

"The first six months we were using the wrong net and had more coming back than we were selling," said Proctor with a laugh. "As we grew, we learned more and tweaked things. It's now a really great product."

The netting comes in different sizes to fit any bale of hay. In Western Canada hay is finer, so the nets can be made with one-inch openings. In Ontario the openings can't go below 1.25 inches because the hay is heavier.

The slow-feed netting started with one horse, and has since grown. It can be found in every province from his company. His new goal is to see it in all the U.S.

"We just surpassed the 26-state mark, so we're getting there."

Proctor is the only local

seller of slow-feed netting and only the second in Canada.

Horse owners are his fastest growing demographic. Turf Net Sports Supplies specializes in sports netting, containment netting, artificial turf, putting greens and golf range supplies. It also has two golf simulators, which are open to the public.

"This is a business that was started with a \$1,000 bill. It's really grown," said Proctor.

For more information visit www.slowfeednetting.com, or www.turfnet-sportssupplies.com.

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MELISSA MANGELSEN/ PELHAMNEWS STAFF

Tim Proctor, owner of Turf Net Sports Supplies, branches out to provide slow-feed netting for horse owners. Proctor is one of two Canadians who offer this product.



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Library discussion a work-in-progress

MAJOR DAVE AUGUSTYN
Pelham

As you know, the provision of library services has been in the news lately – especially since Town Council and the Library Board have had a couple of joint meetings (one in December, another with representatives of the Friends of Maple Acres Library in January).

But, it really has been a work in progress for a number of months.

Some discussion started at the outset of this Council term. Council considered a motion in early 2011 for the Town to review Library operations; the initial understanding was that there wouldn't be any Board involvement. The Library Board suggested, and Council agreed, that they work together with the Town to help to jointly streamline operations – like payroll, facility maintenance, computers, etc.

During this period, the Town continued to fund the Library services. For example, in 2010, the Town grant was \$677,800 (up 2.5% from 2009); 2011 it increased by 1.4% to \$687,250; 2012 to \$728,367 up 6.0%; and 2013 to \$746,597 up 2.5%. (The Town grant has actually increased by \$252,367 (or 51%) since 2005.)

Despite best efforts in streamlining operations, the Library posted a year-end balance of negative \$62,062 for 2012.

Council recognized that more effort was needed and the Town retained Performance Concepts Consulting in early-2013 to conduct a strategic facilities review of the existing Pelham Library system; this included Library usage analysis and public consultations. In late spring, the firm was also retained to undertake a separate Operational Review of Library services and systems for use by the Library Board.

The Library facilities review made several recommendations most notably that the Maple Acres branch become a satellite-type operation, instead of a full service branch because of the very limited usage over the last five years. Because the Library Board recently rejected this recommendation and the future of Maple Acres is uncertain, Council held joint meetings with the Board and the community. This discussion and process continues, and we expect another joint meeting in February.

Meanwhile, the Library Board worked diligently through some staff changes in 2013 and ended with a year-end deficit of \$29,000. The Board requested a 2014 grant of \$791,353 (up 6.0% from 2013). Last week, Town Council "red-lined" (held their grant) to \$752,258 (a 0.8% increase) pending joint discussions.

Because of the ongoing willingness of all parties to work together, I am optimistic that we can jointly evaluate ideas and take action soon to continue to maintain and improve Pelham's Library services.

You may contact Mayor Dave at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.ca.

COMMENT

And the Senate goes on and on...

So Prime Minister Stephen Harper doesn't much like what the leader of the Opposition has done with that dreadfully tedious and archaic parliamentary body, the Senate.

Isn't he cute?

I mean, of all the things the prime minister might want to think twice about before beating the partisan party drum, it's blasting someone else's plans to improve the Senate.

This is probably just crazy talk, but maybe Harper needs to put his own house in order, given the whole "Tory senators' spending / RCMP investigation / and how much did Harper know about it" scandal.

I'm not saying Liberal Leader Justin Trudeau's plan is genius, but at this point, looking to the prime minister to reform the Senate is as good an idea as making Vladimir Putin the grand marshal of the gay pride parade.

So what did Trudeau do?

Without much fanfare, he expelled all the Liberal senators from his parliamentary caucus.

What does this mean for Canadians and our politics?

Well, less than the Liberals probably want to us believe, but more than Harper is claiming.

By booting the senators from caucus, Trudeau has severed their links to the party decision-making apparatus and funding. Trudeau isn't responsible for what the senators

do, and while still card-carrying Liberals, they are not accountable to him. One cannot help but think that if such a scheme were already in place, it would have spared Harper a Mike Duffy-sized headache.

In theory, such a firewall between senators and the caucus would mean the Senate could be a truly independent body from the House of Commons and could act as a legitimate house of "sober second thought"; as the saying goes, as opposed to the mindless lapdog of the sitting government it currently is.

In theory.

The Liberals don't have nearly enough senators for Trudeau's move to matter. The Conservatives, who hold the majority of senators on a short leash, have already said they won't follow suit. Which means the unappointed, unelected house of doth remains a rubber stamp machine for the government.

Which, let's face it, given that they are unelected isn't the worst possible outcome.

So in a very limited sense, Harper is right when he says the Liberal plan doesn't amount to much and what Canadians want is an elected Senate.

But it is more than a little disingenuous to us that as a criticism of Trudeau, the Liberals are this kind of party in the House. They cannot radically transform the Senate on their own.

Criticizing the Opposition parties for not creating an elected Senate is like criticizing a graffe for not being able to fly. The Liberals'

move is not particularly effective, but it does get points for being a meaningful symbolic gesture.

So all this begs the question, what has Harper done to get us to that elected Senate? This is the point where party partisans start shuffling their feet, muttering and looking at their watches. And for good reason.

Harper has done nothing.

The government has adopted a Hunting of the Snark-style strategy here. It is waiting on a Supreme Court ruling to determine if it can change the Senate without having to wade into the messy morass of opening the Constitution. It is widely expected the answer from the top court will be, No.

The fact is we have yet to have a government with the courage to do what really needs to be done, which is to finally and meaningfully revisit the Constitution and either completely change the Senate into a useful, elected body or wipe it out altogether.

Until any government or Opposition party gets it is willing to do that and bring our democracy into the 21st century, they should at least shut up about Senate reform and at least make sure their senators don't spend tax dollars like drunken sailors.

Because what they are up to now is just insulting to our collective intelligence.

Grant LaFliche



QMI AGENCY FILE PHOTO

LOCAL NEWS

■ **MUSICAL:** Notre Dame grad nabs role in touring production

Making the cut in Hair

MARYANNE FIRTH
QMI Agency Niagara

She left it all on the dance floor.

Every late-night rehearsal, every drop of sweat, every missed social engagement had led to this moment.

And Breton Lalama wasn't about to let this chance pass her by.

It was October, and the Pelham native was on a general casting call for Classical Theatre Project's international tour of the musical *Hair*.

She sat in a room with her audition number pinned to her chest and glanced around at the hundred other women with dreams similar to her own.

"They packed so many of us girls into the room at once that we barely had room to breathe, let alone dance," Lalama said as she reminisced about the life-changing day.

The choreographer worked quickly and expected the dancers to do the same.

"She lined us up and went, 'OK, 1-2-3-4-5-6-7-8. Got it? Good. OK, let's see it,'" Lalama recalled.

It was intimidating, but the born entertainer was ready.

"I have never danced so hard in my life. I thought I was going to throw up," she said.

"I sold my soul on that sweaty dance floor. I kept thinking, 'I need this. I need this. I need this.'"

Lalama was enrolled as one of only 25 students in University of Toronto's exclusive Munk One Global Affairs School.

But after only a semester, she knew it just wasn't for her. "I wasn't loving it. I wasn't liking it. I needed that job," she said of the *Hair* opportunity.

She had actually skipped class to take her chances on the dance floor, knowing she faced competition not only in Toronto, but also New York City and Chicago.

After two more call-backs, it was an e-mail that delivered the news to the recent Notre

Dame College School graduate.

"I read 'We want you!' and I started screaming and running all over my dorm," said the 18-year-old.

"It was one of the best moments of my life."

Lalama was offered the role of Crissy, the youngest member of the *Hair* tribe.

Rehearsals began soon after for the touring show, which is set in the Summer of Love in 1967.

"The show is definitely about love and sex and drugs, but it's more than that," Lalama said.

"It's about young people seeing injustice in their world and seeing that the world they are growing into is not a place in which they want to live."

Touring began in January and continues until May, with stops in Canada and nearly every U.S. state.

Lalama admitted she was in a "bad head space" before the audition came around.

"I was hating school. I wasn't enjoying life. I was walking down the streets of Toronto actually crying, thinking 'I really cannot do this anymore,'" she said.

"Getting the part saved me. It saved my happiness. Maybe it saved my soul."

She's now counting her blessings for her new life — one she intends to never take for granted.

"This experience has been wild. It has been nuts. It has been hard work. It has been so rewarding," Lalama said.

"My body has never hurt so thoroughly, and I'm learning things, too. I never knew I could give so much when I felt so done."

While learning continues every day, she credits her high school and community theatre experiences for helping to mould her as an actress and as a person.

She even took time to plug Notre Dame's upcoming production of *Joseph and the Amazing Technicolor Dreamcoat*.

Her words of wisdom to

those looking to follow a similar path: "In this business, experience is everything." "I say, take every experience

you can get — be it singing in choir, doing school theatre, doing community theatre. I spent my childhood putting

on shows in my living room." Each experience brings a new lesson, she said, and could be the stepping stone to

your dream.

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Pelham native Breton Lalama has landed a role in the musical *Hair*, which is currently touring across the U.S.



Pelham native Breton Lalama, right, has landed a role in the musical *Hair*, which is currently touring across the U.S.

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Walking Club - Everyone is welcome! - Feb 11 and Feb 13

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

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6:00 - 7:00 pm	Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit pelham.ca or contact jcook@pelham.ca or call 905-892-2607 ext. 329.

COMMUNITY EVENTS & NEWS

Farmers' Market Vendor Applications - The Town of Pelham is currently accepting vendor applications for our 2014 Farmers' Market, which will run each Thursday starting May 1st and ending October 30th. Vendor stalls are \$30.00/week or \$200.00/season. Application packages are available on www.pelham.ca and at Pelham Town Hall.

Pelham Mayor's Gala Tickets Now Available - On Saturday, May 24th, 2014, Mayor Dave Augustyn and community volunteers will host the Sixth Annual Pelham Mayor's Gala at Lookout Point Golf & Country Club. Tickets are "NOW" available and sell out fast! Individual tickets are available for purchase at \$135 each. Partnerships are also available through the "NEW" Mayor's Gala Champions Program. Please contact 905-892-2607 ext. 337 or mtoscher@pelham.ca.

The Passion Test® Workshop - Are You Ready for More Joy and Fulfillment in Your Life? Local resident Laura Lane, Certified Passion Test Facilitator leads this powerful workshop. Sat., Feb. 8 from 1-3:30 p.m. Cost is \$50. Pelham Public Library.

Pelham Tax Due Dates - Mark your calendars for the first and second tax installments which are due February 28th and April 30th, respectively.

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BLACK HISTORY MONTH

■ BLACK HISTORY MONTH

Black community has 'fantastic history' in Niagara

TONY RICCIUTO
QMI Agency Niagara

If it wasn't for people like William Morrison, much of Niagara's black history would be lost.

"This is a country that was built by many people from many, many places in the world and still today our schools are not teaching our children about this," said Morrison, who is often called upon by community groups and organizations to give talks about black history.

"We have a fantastic history. There are many things that we are not teaching our youth," she said, adding that she also holds true for other groups who come from different cultures.

"I have tried to read and find out as much of our history as possible. We have all of these things, but we don't introduce them to our young people, and that's very sad."

February is Black History Month and celebrations are held across Canada to make people aware of the contributions being made by certain people in their community.

On Feb. 6, the Landy's Lane

Historical Society will present author and historian Bryan Prince, and his wife Shannon, who is the curator of the Buxton Historical Site & Museum. The two have lectured across Canada and the United States and are among the most sought-after speakers on the Underground Railroad circuit.

Their presentation begins at 7:30 p.m. in the LaMarsh Room of the Niagara Falls Public Library, 4848 Victoria Ave.

On Feb. 11, at 7 p.m., the Welland Historical Museum and the main branch of the Welland Public Library will feature a display of artifacts and books on the Underground Railroad in Niagara. There will be a short presentation and participants will be given an opportunity to share their own stories and to discuss historical events and facts with others in the group.

"I'm proud of the early people here and their contributions," said Morrison. "When you think of people like Burr Plato who came up as a slave and then ended up sitting on the town council at that time. He finished in 1901 and here we are in 2014 and there hasn't been another black to sit on council."

We need to impress on our young people that we had a place here and we continue to have a place in the community."

tony.ricciuto@sunmedia.ca

■ MUSIC: T Bone brings his brand of country back to Niagara

'It feels good to be back,' trailblazer says

JOHN LAW
QMI Agency Niagara

John (T Bone) Little got used to that look over the years. That side-eyed look of surprise when people saw a young black man playing country music.

In the years before Charley Pride, it simply wasn't conceivable. In the southern U.S. during the 1950s, no one could comprehend it. There were harsh words, more than a few threats. And every time, Little would recall what his dad, Samuel, told him while growing up in Niagara Falls.

"My dad said, 'They ain't gonna change until they get to know us.'"

It's advice that got him through school, through some lean years on the road, and it's still handy today. At 84, Little is as charming and outgoing to people as the day he first set foot in a Port Colborne club in the 1940s ... not to cook or wait tables, but play music. At every show, T Bone mingles with the crowd, becomes their friend. They, in turn, have supported him for six decades, making him one of Canada's most enduring and unheralded musicians.

Before Charley Pride wiped out the colour barrier in country music, John Little was risking his neck down south in front of stunned and often angry audiences. But by the end of the night, they were on his side.

"I always just tried to do my craft," Little said. Everything else took care of itself.

The hardships for him started early. His mother died when he



MIKE DIAMANTIS/QMI AGENCY NIAGARA

John T Bone Little at home in Niagara Falls, recalls what it was like for a young black man playing country music during the '50s, and growing up in Niagara.

was three, and he was raised during the depression in a "one-room shack" on Prospect St. with his dad, an interior designer. As one of the few black kids in his school, there were inevitable fights, but nothing he couldn't handle. If anything, Little's neighbourhood was like a mini United Nations, with immigrants from several countries helping each other out. Little had a rudimentary understanding of seven different languages.

He picked up his father's guitar one day to tune it, and something clicked. He couldn't explain it, but he was suddenly speaking a far different language. He could play by ear, and found himself drawn to the rugged, working man sound of country music.

He performed to disbelief in gigs in local clubs, then formed his own group — Big John and the Hot Totties — in the early '50s. One of their singles, 'Rockin' Chickens, took off, and Little was soon performing across Canada

and the U.S.

He didn't copyright the song, however. What could have been a lucrative break in the music industry turned into a cruel life lesson.

There were other lessons, too. About swallowing your pride and keeping quiet. Down south he went to pay for some eggs and the cashier refused to serve him.

"She said, 'I can't sell you white eggs. Go back and get the brown eggs.'"

Rather than make a fuss and draw attention, Little got the brown eggs and left. He knew he was in a different world.

"There was always tension," he said. "It was like walking on eggs. You had to be careful what you said, how you looked. If you walked down the street you'd have been a pretty guy. Three or four (guys) would jump on you and beat the hell out of you."

The little victories came out of nowhere, though. One night Little

was opening for honky-tonk pioneer Ernest Tubb in Niagara Falls, N.Y., when he played his song *Let's Say Goodbye Like We Said Hello*.

"I came backstage and said, 'Mr. Tubb, I'm sorry, I forgot you were back here.' He says, 'Son, if I didn't know I was back here I'd have sworn that was me out there.' I thought that was the greatest compliment I could ever get."

During the worst stretches, Little couldn't wait to set foot in Niagara Falls again.

"The minute you stepped across that bridge and got back into Canada, it's like a whole weight lifted off my guts," he recalls. "You know those guys who fly a plane and when they get down they kiss the ground? That's how I felt."

After several years living out east, Little moved back to Niagara Falls in December and has been playing steady gigs since.

"It feels good to be back."

Correction Notice

An error was made on page 23 of the Pelham News on January 23, 2014 regarding LIVESTRONG LS13.0T. Product number 84-0511-4. The advertisement reads Money Bonus 2000 Points, but no points are applicable on these products. We apologize for this error.

An error was made on page 23 of the Pelham News on January 23, 2014 regarding Yoga Equipment. Assorted mats, gloves, socks and block, Product number 84-0061X. The advertisement reads Money Bonus 5X Points but no points are applicable on these products. We apologize for this error.

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■ **MUNICIPAL FINANCE:** Pelham council decides to deal with library budget separately

Operating budget for Pelham nearing approval

MELISSA MANGELSEN
PelhamNews Staff

The 2014 operating budget for the Town of Pelham is nearing approval.

The budget was presented to town council's committee-of-the-whole Monday night for final review before it is sent to council to be approved.

The municipality is tightening its belt and has been looking for more efficient

ways to provide its services.

"We've worked very hard to maintain services for the community, all while balancing the budget," chief administrative officer Darren Ottaway said.

Fire Chief Bob Lymburner said the belt-tightening hasn't had a huge impact on fire services.

"There's been no difference in the level of services. We've done some restructuring and, if anything, we've been able

to increase our services."

Pelham Public Library initially asked for a 16% increase in its operating funding in 2014, but cut that request to 6%. After reviewing the budget and seeing a 0.8% increase, Coun. Gary Accursi put forth an amendment to pull this item for further review and to allow the library an opportunity to speak.

"The library is independent in operation, but dependent on council for funding. Without more on why it went from their requested 6% to 0.8% I don't think we can make a decision," said Accursi. "I'm also reluctant to make any decisions on the library due

to the Maple Acre issue."

The Maple Acre branch faces an uncertain future. Also because of its fate have been made yet.

Coun. Peter Papp agreed the library board needed to be dealt with separately.

Also being pulled from the budget for further review was the allocation of permissive grants. Council has asked for more information on how the requested amount is determined and what monies will be spent on once grants are approved.

Corporate services described the operating budget as a "responsible budget."

A 1.49% budget increase



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Richard Brown
REALTOR REPRESENTATIVE

"Selling Throughout Niagara"

was presented to the committee on Monday, which was reduced from the 1.63% presented at a pre-budget meeting.

"The town is seeing savings from new technologies and work process improvements that have offset the increases presented at the pre-budget meeting."

The presentation reflected only the town's portion of the tax levy for 2014. Once region and education tax rates are finalized, senior staff will bring forward the proposed tax rates. The new tax rates will then be presented to council for consideration and approval in May.

"This is our last budget before elections and I think we're in a really good position to pass it on in good

shape. Service has improved significantly, and I hope in the future focus on the level of services provided remains. I'm pleased to see this budget," said Papp.

melissa.mangelsen@sunmedia.ca

Twitter: @tribunemelissa



SUPPLIED PHOTO

The Town of Pelham's new logo.



Darren Ottaway

BUDGET NOTES

Employee benefits (employer portion) \$15,225
Welland Hospital Foundation contribution \$20,000
Software license requirements \$31,670

Summerfest \$5,000
Fire services \$1,068,834
Roadway and building maintenance \$4,081,132
Animal control \$39,300

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■ **JOBS:** Minimum wage to increase to \$11 an hour

Three quarters happier

MARYANNE FIRTH
QMI Agency Niagara

Brittany Walker can't help but smirk.

While the 23-year-old certainly wouldn't turn down a raise, she knows increasing minimum wage to \$11 an hour will do little to help her financial difficulties.

The St. Catharines resident mulled over what an extra 25 cents an hour will mean and no matter the route she took in her mind, it still led to barely making ends meet.

Working at Sitel in the Garden City, Walker currently makes \$10.75 — just above the existing \$10.25 minimum-wage mark.

It was announced Thursday that bottom line for Ontarians would be raised to \$11 an hour beginning June 1 — the first increase since 2010.

Will the extra change mean even minimal relief of Walker's financial stress? Unlikely, she says.

"But maybe my bills won't be paid due now," Walker is left

with about \$1,400 a month — \$800 spent on rent and the rest going toward groceries, utilities and other bills.

"I can't even afford a vehicle," she says, which means spending about \$100 monthly on public transit.

"I work full time just to barely make it through a month."

Walker put out a plea to government decision-makers, asking them to put themselves in the shoes of someone trying to get by on so little while the cost of living continues to increase.

"They just don't know what it's like. The things you need to buy to live are just too expensive," she says.

"Minimum wage is barely keeping people afloat."

The government is expected to also introduce legislation that would tie future minimum wage increases to Ontario's Consumer Price Index. The proposed legislation would see increases announced by April 1 and brought into effect on Oct. 1.

Though the coming June increase may be small, Tara Waite is happy to take what she can get.

The Welland Pita Pit employee says "every little bit helps." The raise, she says, is a positive change, particularly for people working hard in the service industry.

Traci Lee, of Welland, also feels the announcement was a step in the right direction.

The 43-year-old McDonald's employee only recently began making more than minimum wage and says she knows the struggles that come with a small paycheck.

Between car insurance, groceries and other bills, the single mother says it can become next to impossible to keep up with costs.

"Cost of living keeps going up and it's nice of (the government) to offset that, even a bit," she says.

Lee has heard comments from people in the community that minimum-wage workers should go back to school to find a higher-pay-

ing career — but that isn't an option for everyone.

It isn't always in the cards for someone who works full time and cannot afford or even get approved for a loan to cover the cost, she says.

"It can be really frustrating because we're out there working just as hard as any other people and earning less."

Welland Pita Pit owner Kevin Errington knows those frustrations and, in turn, is pleased to be implementing the increase.

"It's disheartening for people who work so hard and offer their lives to businesses and still come out the raw end," he says.

"To see people improve their status of living is a good thing. I'm glad to be a part of it."

While the wage boost will likely "offset the cost of doing business," Errington believes his Niagara St. establishment will ultimately benefit from the positive impact it has on his employees.

For new restaurant owner



MARYANNE FIRTH/QMI AGENCY NIAGARA

Tara Waite and Koreen Aron work feverishly over the lunch hour on Thursday to fill orders placed at the Pita Pit on Niagara St. in Welland. The pair were both happy to hear Ontario is increasing the minimum wage to \$11 on June 1.

Stephen Canjar, the impact may hit deeper.

He opened Fuzzy Logic Eat & Drink Haus in December, creating 20 jobs in Welland.

"Those extra funds for wages 'have got to come from somewhere,' he says, and as a new business, raising customer rates just isn't feasible.

"It worries me right off the bat. It means adjusting and belt-tightening to make up the difference."

Canjar will have to re-evaluate his labour force, possibly

cutting hours to avoid cutting staff altogether.

"It's hard because I see both sides of the coin," he says.

"It's understandable because people need to have more to live on. The cost of living is going up every day," he says.

"But it could mean cutbacks in staffing needs, which puts more of a strain on ones who are working."

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■ WASTE MANAGEMENT

Niagara recyclers above average

BOB ROULE
QM Agency Niagara

Niagara recyclers are above average.

Waste Diversion Ontario recently released figures that showed a drop in the amount of waste Niagarans diverted from landfill in 2012, however, Niagara Region's acting director of waste management services says that drop is due to a change in calculation methodology.

"If we take the 2012 numbers and we use the previous methodology, we would actually come out at 51.53%," Catherine Habermehl said. "Which is above the provincial average of 47.19%."

The new WDO methodology shows Niagara's diversion rate at 49.8%.

"What they've done is they've applied extra garbage tonnes to our Niagara number to compensate for about 12,700 households — mainly apartments which receive private-sector garbage collection..."

"They're saying, you provide blue-box programs now (since 2012) to multi-residential buildings, we need to account for the garbage that's also being generated at those buildings, even though Niagara Region doesn't manage that waste."

Habermehl said the

What they've done is they've applied extra garbage tonnes to our Niagara number to compensate for about 12,700 households — mainly apartments which receive private-sector garbage collection..."

Catherine Habermehl

Region is still targeting 65% diversion by 2020.

"Based on the old methodology, our diversion rate has increased, so we are going in the right direction."

Habermehl said putting a limit on the number of garbage bags each household can put at the curb for free pick up has helped in recycling. More than one bag at the curb requires a tag be placed on all others. The tags cost \$2 each.

"It encourages residents to use the diversion program — the blue and grey bins, the green bin."

In 2013, the Region sold 450,915 garbage tags, which is down from the 488,328

tags sold in 2012. In 2011, a whopping 557,000 tags were sold.

Habermehl said in 2014 the waste-management department is looking to

increase the amount of recyclables residents can drop off at its depots.

"We're looking at a collection of carpets and mattresses. We want to enhance

our collection and recycling of construction materials — shingles, concrete. "We've really focused on the curbside program, and so this year we will be focussing

on our depots and trying to increase diversion of materials at those public drop-off depots."

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■ **CABS:** 7% hike is first increase since 2008

Taxi fares are going up

KARENA WALTER
QMI Agency Niagara

Niagara's cab fares are going up by 7% starting Saturday, in what is Niagara's first rate hike in six years.

And passengers won't be the only unhappy ones.

Bulent Malkaya has no immediate plans to raise the rates for his six Welland cabs operating under the Grand Taxi banner.

He fears jacking up rates will make business more profitable for Niagara's cheaper-cost cabs operating illegally.

"It's going to be bringing in a lot of illegal taxis," he said, adding he had pleaded to the Niagara Regional Police service board, which regulates the local taxi industry, not to approve a rate hike.

Among concerns associated with unlicensed cabs are the safety of vehicles in which passengers get their rides.

Malkaya is required to submit his vehicles to a full safety inspection every six months.

Another taxi company operating in south Niagara also expressed dissatisfaction with rate changes, but was not willing to comment for this story.

A spokesman for 4500 Taxi, Welland's largest cab fleet, was not available for comment Thursday.

New fees and rates are effective Feb. 1. Companies have a three-week grace period to make sure their meters are calibrated — not good news for the family-run Grand Taxi based on

King St.

Changes made this month to the meter tariffs by the police board, which oversees the vehicles-for-hire licensing bylaw, comes at the same time the region's taxi drivers will have to pay \$25 more for annual licences.

Taxi cab operators haven't seen an increase to meter rates since 2008.

The bump was welcome news to the head of Niagara's largest taxi fleet.

Hanif Patni, president and CEO of Coventry Connections Inc. which runs 140 Central Taxis on any given day, said when the switch was made from GST to HST in rates, the company had to remit 8% more to the government in taxes — but never received the increase on the other end.

At the same time, Patni said, the standards of the industry have changed dramatically over the years and the company has invested heavily in improving the quality and safety of cabs.

His company's cars have each been equipped with credit and debit card machines, cameras that face in and out for greater security and four GPS modules for safety and tracking.

Niagara's licensing fees for vehicles for hire haven't increased since 2004. Licence fee hikes also affect shuttle buses, sightseeing vehicles, carriages, tow trucks and businesses like salvage yards and taxicab brokers.

— with files from *The Tribune's* Greg Furlinger

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EDUCATION: Teachers prepare for longer school days for littlist students

Kindergarten goes full-time

DON FRASER
QMI Agency Niagara

What was once part-time will soon be the full deal for kids at Niagara's publicly funded schools.

And for teacher Natalie Dube, full-day kindergarten means ensuring those extra hours are lively enough to keep four and five-year-old children feeling engaged — and secure.

"For some kids, the day can be long," said Dube, an early-learning kindergarten teacher at Ferndale School in Merriton. "However, there are opportunities where the children can also relax in a quiet area."

"The set-up of the classroom also aims to be more like home, the colours lend a calmness, we share natural things in the class like pinecones and plants," Dube said.

By September, Ontario public school boards — including the District School Board of Niagara and the Niagara Catholic District School Board — will have all phased in full-day

early learning kindergarten, part of a five-year process that started in 2010.

In it, young students are encouraged to initiate learning and play and to take part in more structured, play-based learning through the help of a teacher and early childhood educator.

Dube, who has taught for 11 years, said she has seen full-day early learning help kids progress at their own pace.

"It's not like (just a) short morning time where they're rushed. This way, they can explore all day."

That might mean having the time to set up a centerpiece for a stage where young students can perform a mini-concert, for example.

Ferndale early childhood educator Chantel Appel said she's also noticed full-day kindergarten allows children to "explore, learn and play all at the same time."

Previously in part-kindergarten, she would notice that when asked to do "structured circles" and worksheets, many little ones would really

rather be playing instead.

"Now, they get to play and learn all at the same time," Appel said of her class of 26 students.

Dube said the key for instructors to remember is the full-day program is a "foundation for the kids' learning."

"You want to build an environment that's safe, caring and promotes physical, social, emotional and cognitive for all the kids and at their pace," she said.

"It's an individualized program ... where you are going with their ideas and interests."

Meanwhile on Tuesday, all Niagara Catholic elementary schools will offer an open house from 9 a.m. until 7 p.m. A child must be four years old by Dec. 31 in a given year to be eligible to register for full-day kindergarten in September.

Registrants will need proof of their child's age, an up-to-date immunization record, health card number and baptismal certificate.

On Thursday, parents can register their children for full-



BOB THOMAS/230 QMI AGENCY NIAGARA

Students Sydona Burke and Everett Lewis at Ferndale public school. By September, 2014, all DSNB public schools offering Kindergarten will have full-day programs. Next school year, parents will be able to access Full Day Kindergarten at any one of 62 public schools located across Niagara.

day kindergarten at any one of the District School Board of Niagara's elementary schools or their kindergarten open

houses from 4 to 6 p.m.

People interested in registering should bring their child's birth certificate and

immunization record.

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PELHAM DATEBOOK

FEBRUARY 7

BALL HOCKEY TOURNEY

Niagara Region Community Services is looking for players for a ball hockey tournament in support of local agencies working to prevent homelessness in Niagara. Sign in 5 p.m. to 5:45 p.m. Games start at 6 p.m. at the Ballhockey.com Athletic Centre, 16 Melbourne Ave., St. Catharines. Cost: \$20 a player. Full tournament rules and game format are at www.niagararegion.ca/social-services/ball-hockey-tourney.aspx.

COURT WHIST

at Fenwick United Church, 1050 Church St., 7:30 p.m. Dessert, coffee and tea. Bring a friend and come out for a fun evening. Free will offering.

FEBRUARY 8

PASSION TEST WORKSHOP

Are you ready for more joy and fulfillment in your life? The Passion Test® is a tool for gaining clarity by prioritizing

what really matters most to us. This 2.5-hour workshop at Pelham Public Library is facilitated by Laura Lane, a certified Passion Test facilitator. Discover your top five passions which are clues to your personal destiny. Learn valuable tools so you can begin living your passions today. Cost: \$50; time 1 p.m. to 3:30 p.m.

VALENTINE'S LUNCH BOX

at Welland Public Library. Bring someone you love to the main branch and make a Valentine-inspired lunch. Afterwards, you can enjoy eating it together while listening to stories. This program starts at 12:30 p.m.

FAMILY LITERACY EVENT

at Vale Health and Wellness Centre (Port Colborne), noon to 3 p.m. A free event for families with young children. Come read to a furry friend, have your face painted, make crafts and be entertained by Music with Brian and Friends. Children will receive a new book.

LADIES DAY 2014

at St. David's Anglican Church, 369 Thorold Rd., Welland, 11 a.m. to 4 p.m. Entertainment, pampering services, Silent Auction, vendors selling ladies goods and services, tea room and door prizes. Tickets are \$10 and include tea/coffee and baked goods. Tickets at door or in advance by calling the church at 905-734-4627 or Jackie at 905-732-0434. Proceeds to the church's outreach programs.

FAMILY MOVIE

at Diamond Trail branch library, Madagascar 3 starts at 1 p.m., and is rated G. Tickets are free and can be picked up at the circulation desk.

LASAGNA DINNER

fundraiser for the Canadian Cancer Society Relay for Life Event in memory of Opal Baltjes, Forks Road East, United Church, 51786 Forks Rd. E., Wainfleet. Sittings at 5 p.m. and 6:30 p.m., Adults \$15, children under 10 \$5. Bake table, white elephant table, silent auction. Reserved seating only. For tickets call

Shelley at 905-834-0082.

FEBRUARY 9

VALENTINE TEA

Our Lady of Hungary Church is hosting this event 1:30 p.m. to 4 p.m. at the church on the corner of Hellens Ave. and Park St. Please join us for a social afternoon with family and friends.

NFB FILM

at Welland Public Library. People of the Kattawapiskuk River is a documentary examining the cause of a housing crisis for 1,700 Cree people in Northern Ontario. The free film starts at 2 p.m.

FEBRUARY 10

PORT COLBORNE HISTORICAL

Society meets at 7 p.m. at Portia Village. This is our annual "Show and Tell" meeting. Please bring an interesting item to share with



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the group.

FEBRUARY 11

FAMILY TREES

Steve Fulton from the Niagara Chapter of the Ontario Genealogical Society will be at Pelham Public Library to help you with the challenges of tracing your family tree overseas. Time 6:30 p.m.; cost \$3. Register ahead.

BLACK HISTORY MONTH

is celebrated by Welland Public Library and Welland Historical Museum with a presentation

about the Underground Railroad in Niagara at 7 p.m. at the library. Everyone is invited.

VALENTINE CONCERT

by A Capella Niagara, 7:30 p.m., St. Andrew's Presbyterian Church, 29 Bald St., Welland. Adults \$15, children (12 and under) \$5. For more information call 905-734-4831. Valentine desserts and refreshments to follow. Special donations to support Harmonize for Speech.

CONTINUED ON PAGE 16

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FROM PAGE 15

IT'S ALL ABOUT LOVE

Niagara Women's Connection, a non-denominational Christian women's club invites you to a relaxing afternoon

of friendship, inspiration and fun. 1 p.m. to 3 p.m. Guest speaker Helen Norris has one of the most inspirational stories of God's love and you won't want to miss what she has to share. We will be serving coffee, tea and special treats as well as door prizes galore, all

for \$7. Babysitting is provided free of charge. This month's event is being held at Kirk on the Hill, 1344 Haist St., Pelham. RSVP Margaret Quesnelle at 905-788-9641 or e-mail mrs.q@live.ca.

NIAGARA SECULAR

PELHAM NEWS ■ THURSDAY, FEBRUARY 6, 2014

WINTER STAYCATION

Luncheon to celebrate Welland, at Welland Community Wellness Complex, at noon. Doors open 11:30 a.m. Menu: Lasagna and meatballs, garden salad, rolls, tiramisu, tea or coffee. Tickets \$13 for passholders or \$14 (\$2 savings if bought before Jan. 31). No tickets at the door. Call 905-735-1700 ext. 4000 before Feb. 7.

FEBRUARY 13

CONTINUED ON PAGE 17

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RINGWORM



RON PARTON
R.Ph. B.Sc. PHM

Ringworm is a common name for fungal skin infections. These types of infections are also referred to as tinea. They affect approximately 10% to 20% of the population. Ringworm appears as rings or round red patches with clear centers and red, scaly borders. Tinea can affect the scalp, nails, or skin.

Management for superficial fungal infections involves some simple non-drug methods, and over-the-counter remedies in the form of sprays lotions and creams. Affected individuals should try to reduce moisture in the affected area. Loose-fitted clothing made of cotton or material that absorbs moisture should be worn. The skin should be dried completely before covering with clothing. If the infection involves the feet, flip flops should be worn with bare feet to prevent spread to others and reinfection.

There are also many topical antifungal agents available. Examples include CANESTEN CREAM (clotrimazole), NIZORAL SHAMPOO (ketoconazole), and MONISTAT-DERM (miconazole), to name a few. Creams and solutions are useful because they can be rubbed into the area. Solutions work in hairy areas because they are easier to apply. Powders can serve as useful additions to creams and solutions. They are helpful when the infection is wet or oozing, or where a drying agent is needed. When applying the antifungal product it should be applied to the lesion as well as one to two inches around the lesion. The antifungal should also be used for one to two weeks after lesions clear to reduce the rate of recurrence.

Patients who have diabetes, or those who are immunosuppressed may need prescription oral therapy. It is best for your doctor to assess these fungal infections. Fungal infections of the nail are also resistant to over-the-counter treatment.

There are some home remedies for treating nail fungus. Patients have tried applying VICKS VAPORUB and tea tree oil. There is not a lot of evidence to suggest the efficacy of these products for this condition, however some people may wish to try them before resorting to an oral medication.

If you think you may be affected by a fungal infection there are a number of treatment options available. Most issues can be resolved with some persistence and the proper product. Please speak to your pharmacist about what option is best for you.

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FROM PAGE 16

PASTA NIGHT

at Casa Dante. Takeout dinners for \$3.10 p.m. to 6:30 p.m. Sauces, meatballs, minestrone soup and pasta fagioli are also available for takeout.

PHILOSOPHER'S CAFÉ

at Winfield Township Public Library at 6:30 p.m. Drop by for a lively discussion on short-term, long-term thinking. All welcome.

Valentine's Day tea and talk at Haldimand County Museum and Archives featuring chocolate tasting, homemade scores, door prizes and much more. Time \$11 p.m., cost \$10. Register at 1-905-772-5880

FEBRUARY 14

VALENTINE'S DAY CRAFTS

at Winfield Township Public Library, 2:30 p.m. to 3:30 p.m. (public school early release day). For children in kindergarten to Grade 8. Call 905-899-1277 to pre-register as spaces are limited.

FEBRUARY 15

VALENTINE WINE AND CHEESE

event sponsored by Knights of Columbus, Fonthill, at St. Alexander church, 50 Pelham Town Sq., 7 p.m. to 9 p.m. Cost is \$30 a person, and includes a glass of red or white wine served with cheeses and snacks.

VALENTINE'S DINNER DANCE

hosted by Le Centre Polyvalent des Alnés Francophones de Port Colborne golden age club, at 364 Mitchell St. in Port Colborne. Doors open at 5:30 p.m. Enjoy a home-cooked meal and then dance the night away to music provided by "Gino Frisby." Tickets are \$25 each, which includes the above and a complementary glass of wine. To reserve tickets or for more info call 905-834-0683.

FEBRUARY 16

SPECIAL PORK LUNCH

at the Hungarian Hall, 361, Hellems Ave., Welland at 12:30 p.m. Vegetable soup, sauerkraut with pork, sausage, rice, sausage, potatoes, salad, coffee, tea, dessert. Adults \$20, students (seven to 14) \$10. For tickets, call: Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at 905-735-6447.

FEBRUARY 18

WELLAND RIVER KEEPERS

Ministry of Natural Resources management biologist Anne Yagi and fish and wildlife technician Cathy Blott will meet with Welland River Keepers members at the Niagara Peninsula Conservation Authority offices, third floor, 250 Thorold Rd. W. at 7 p.m. They will discuss their Niagara River Fish Community Report focusing on recommendations for habitat work on the Welland River, including discussion of possible impacts to habitat from changes in the height of the river fluctuation. The public is invited to attend and participate in the discussion.

CARD MAKING WORKSHOP

Learn different techniques to make six cards suitable for a number of occasions, at Pelham Public Library, 10 a.m. to 12:30 p.m. Fee of \$10 includes most materials. Register ahead.

VHF MARINE RADIO COURSE

offered by Port Colborne Power and Sail Squadron, Feb. 18, 19 and 21, 7 p.m. to 9:30 p.m. at Church of Jesus Christ of Latter-day Saints, Welland. Cost \$75. Some pre-study required. Register at www.boatingcourses.ca.

FEBRUARY 20

LEBO

at Winfield Township Public Library 6 p.m. to 7:30 p.m.

Children of all ages can drop-in during this time to build a Lego or Duplo creation. Please do not bring your own Lego.

FEBRUARY 21

TRIVIA NIGHT FUNDRAISER

for Pelham Centre School, 6:30 a.m. at Old Pelham Town Hall, 491 Canboro Rd. Tickets are \$10 and include games, pizza and snacks. Also available: cash bar, 50/50 draw, silent auction, door prizes. Put together a team of eight for a fun night out.

FEBRUARY 22

WRITING WORKSHOP

with Larry Brown at Pelham Public Library. Bring your pen and lots of paper, or your laptop, and your enthusiasm. Suitable for

beginners and more experienced writers. Brown, of Brantford, is the author of two story collections, *Talk* (Oberon Press 2009) and *Satellite* (eBook, Kobo Books 2012). This event costs \$50 and runs 10 a.m. to 3 p.m. Register in advance.

CHANGE YOUR MIND

Change Your Life Workshop. Emotional Freedom Technique is an energy tool to clear stress and anxiety; breaking free from negative thinking and low self-esteem. Time: 1:30 p.m. to 4:30 p.m. at Welland Community Wellness Complex, 145 Lincoln St. Cost \$20. Call 905-788-3216 to reserve a space.

FEBRUARY 24

ADULT BOOK CLUB

at Winfield Township Public Library at 6:30 p.m. This month's

selection is Anne Freeman's *Fabulous Traveling Funeral*, by Kris Radish. To obtain a copy of the book, please register as a book club member.

HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions. Free but please schedule your appointment ahead: 905-892-6068. Runs 10:30 a.m. to 1 p.m.

FEBRUARY 25

AFTER CANCER, NOW WHAT?

Cancer survivorship is a broad term that actually begins at diagnosis. It describes experiences patients must deal with throughout their cancer journey. These challenges can affect mind, body and spirit. Join Lorraine Huley, a radiation

therapist and health advocate from Niagara Health Partners, to learn about the challenges survivors face and the resources that are available to manage the "new normal." This takes place at Pelham Public Library at 6 p.m. Cost \$2. Register in advance.

FEBRUARY 26

THE BLIZZARD OF '77

Erno Rossi, author of *White Death: The Blizzard of '77*, evokes the triumph and tragedy of the regional natural history event of the 20th century through photos and personal stories during his 7 p.m. presentation at Dunnville Public Library. Admission is free, donations welcome. Reservations are required. E-mail dunnvilleheritage@gmail.com or call 905-701-8238.

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SPORTS NEWS

■ **SPORTS:** Panthers close out regular season in first

Baron Roofing Panthers clinch top spot

The Baron Roofing pee-wee Panthers closed out their regular season with wins in their final three games. This put them in first place among the 19 teams of their division in the Niagara District Local League.

Carter Nicholas manned the pipes for the Panthers' 9-4 victory against Port Colborne #4. Reid Murray came out on top of a battle in front of the net to score the first goal of the game with the help of Eli Taylor and Blake Bishop.

Taylor Scott beat the Port nemesis to pull ahead 2-0 assisted by Zach Baltrusinas and Jared Sloan, and Colton Morrison went top shelf from Drew Colangelo and Dan Durkin to end the first period. Forest Turpel took advantage of the extra man to score on a power play from Murray and Durkin, and Murray scored his second of the game on a sweet pass from Taylor. Baltrusinas took the pass from Bishop to swoop in on the Port goalie to score the Pan-

thers' sixth goal before Drew Colangelo closed out the second with a goal from Jack Obedyn and Morrison. The final period saw two short-handed Panther goals; and unassisted gem from Obedyn, and Murray's hat trick goal from Bishop and Josh Morningstar.

Taylor Scott took up residence in the net when the Panthers faced Niagara-on-the-Lake #2. NOTL scored first but Jared Sloan responded a few minutes

later with a goal helped by Josh Morningstar. Eli Taylor's spinnerama netted the Panther's second goal with Blake Bishop & Mitchell Karray assisting. Sloan picked up his second goal of the game from Carter Nicholas and Morningstar. Jack Obedyn found the back of the net high glove-side from Karray and Drew Colangelo and Reid Murray rushed in for a goal assisted by Taylor and Turpel. The second period ended in dramatic fashion

when an aggressive move by the NOTL goalie backfired; Murray picked up his second goal and Morningstar earned his third playmaker point of the game. The final goal of the 7-2 victory was scored by Zach Baltrusinas from Sloan and Nicholas.

In their final game of the season, the Panthers faced Thorold #1. Thorold got on the scoreboard first, but Drew Colangelo shot high from Jack Obedyn to tie it up. Reid Murray went end to end

with a purpose to score the team's second goal before scoring again on a wrap-around from Dan Durkin. A nice hand-off from Murray to Eli Taylor resulted in Taylor lighting the lamp, and then Taylor returned the favour to help Murray land his hat trick goal. Blake Bishop also assisted. Jared Sloan showed off his stickhandling prowess down the length of the ice to score the Panther's final goal. Goalie Carter Nicholas earned the 6-1 victory.

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■ **SPORTS:** Pelham Panthers take second in Flamborough

Panthers atom girls basketball brings home silver

The Pelham Panther's atom girls travel basketball team participated in the Flamborough Fire Annual Basketball Tournament on Jan. 17 to 19 in Waterdown.

The Panther's won four straight games on route to the finals with wins against the host Flamborough Fire by a score of 34-19, a win against the Dundas Dynamo by a score of 34-16, a win against the Cambridge Centaurs 37-9, and a win against the Stoney Creek NYB 24-18. In the finals the Panther's faced the Stoney Creek NYB again and this time lost 29-12.

The team is made up of 11 girls all under the age of 11 who have been practicing twice a week and playing in games and tournaments in order to prepare for the Ontario Basketball Championships on March 21 to 23 in London.

The team is in their first season of play in travel basketball and are having a great year with a third place finish in a tournament in Rochester, N.Y. and a fourth place finish in a tournament in St. Catharines.



PHOTO PROVIDED

The Pelham Panther's atom girls travel basketball team picked up silver in the Flamborough Fire Annual Basketball Tournament held Jan. 17 to 19. Back from left, Quinn Vos, assistant coach, Sophia Belcastro, Marina Belcastro, Kately Crawford, Jillian Landry Agi Mete, head coach, Middle, Macey Crawford, Caleigh Cunningham, Klayre Marr, Abigail Phillips, Lauren Cimato, Front, Alissa Mete, Fallon Gervais.

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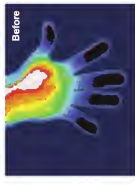
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"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Improve sexual performance through improved circulation
- Support healthy blood pressure
- Increase the body's circulation
- Support cardiovascular and heart health
- Improve artery health

The Healthy Cupboard
\$5.00 OFF NEO40 Daily
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Owners of
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